



# Child Mental Health...It Matters!

The 2020-2021 School Year

## Helping your child with emotions



During this school year, children might be experiencing different emotions. You can help your child by:

- Talking with them. Give your full attention when they ask for it.
- Really listening to their thoughts and feelings.
- Accepting their emotions. Everyone has their ups and downs.
- Teaching them about emotions and how to recognize them.
- Teaching them ways to solve problems and to cope with stress.
- Being a positive role model. Take care of your own mental health and model good self-care.

To learn more visit School Mental Health Ontario <https://smho-smsso.ca/covid-19/parents-and-families/>